

Rachel Cooks

MEAL PLAN #38

MONDAY



Crockpot Tomato Soup with Tortellini

- This vegetarian soup is hearty and filling. Serve it with crackers, bread (see the beer bread bonus recipe below), and/or carrot and celery sticks, if desired.

TUESDAY



Instant Pot Beef Stew

- Serve with warm bread or rolls.
- Makes 8 servings. Invite a guest or two! Or, if you have extra stew, it freezes well for future meals. It also makes a great lunch.
- Don't have an Instant Pot? Make my [stovetop beef stew](#) or [crockpot beef stew](#).

WEDNESDAY



Chipotle Honey Glazed Meatballs

- Make a double batch of the meatballs and sauce (grocery list reflects this). Use half of the meatballs for today's meal; save the remaining meatballs for an easy dinner on Friday. They freeze well, too.
- Serve the meatballs with rice and cooked carrots (try my [glazed carrots](#)).

THURSDAY



Tarragon Chicken with Vegetables

- Look for golden or Moroccan couscous which is a very tiny, quick-cooking pasta to serve with tarragon chicken. If you prefer, substitute cooked noodles.

FRIDAY



Chipotle Meatball Sandwiches with Sweet Potato Fries

- Warm the meatballs in a skillet. Warm pita bread in the toaster or microwave. Open the bread to make a pocket; line with leaf lettuce. Add three to four meatballs and thinly sliced red onion.
- Serve with [sweet potato fries](#), if desired.

BONUS



Beer Bread

- Serve beer bread with Monday's tomato soup or Tuesday's beef stew.
- Beer bread is an easy-to-make quick bread that doesn't require any time to rise. If you would rather not use beer, it can be made with soda water instead. It turns out really well either way.

NOTES

- Cooking quote of the week: My cooking is so fabulous even the smoke alarm is cheering me on." – Unknown



GROCERY LIST FOR MEAL PLAN #38

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- garlic (4 cloves) - W/Th/F
- onions (4) - M/Tu/W/Th/F
- red onion (1) - F
- baby potatoes (2 c) - Tu
- sweet potatoes (2) - F
- carrots (10) - M/Tu/Th
- extra carrots or another vegetable or salad to serve with meatballs - W
- celery (5 stalks) - M/Tu
- white mushrooms (16 oz) - Th
- leaf lettuce - F
- basil (1 small bunch) - M
- parsley (1 small bunch) - Tu/W/F
- tarragon (2 tsp chopped) - Th (see note)
- lemon (1) - Th

DAIRY / REFRIGERATED

- half and half (6 oz) - M
- parmesan cheese (optional garnish) - M
- salted butter (5 T) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- bay leaf (2) - M/Tu
- dried basil - M
- garlic powder - M/Tu
- onion powder - Tu
- paprika - Tu
- celery seed - Tu
- dried rosemary - Tu

BREAD / PASTA / GRAINS

- refrigerated 3 cheese tortellini (20 oz) - M
- rice for serving with meatballs - W
- couscous (1 c dry) - Th
- pita bread rounds (4) - F

PANTRY

- all-purpose flour - Tu/Th/Bonus
- baking powder - Bonus
- cornstarch - Tu
- honey - W/F/Bonus
- ketchup - W/F
- apple cider vinegar - W/F

MEAT / FISH / PROTEIN

- beef chuck roast (2 lb) - Tu
- lean ground turkey (2 lb) - W/F
- boneless skinless chicken thigh (1 ½ lb) - Th

CANNED GOODS

- 28 oz can diced tomatoes (2) - M
- 14.5 oz can diced tomatoes (1) - Tu
- low-sodium chicken or vegetable broth (48 oz) - M/Th
- low-sodium beef broth or stock (16 oz) - Tu
- 7 oz can chipotle chiles (1) - W/F

OTHER

- frozen peas (2 c) - Tu/Th
- beer or soda water (12 oz) - Bonus

NOTES

- If you opt to not make the beer bread (Bonus recipe), you may wish to buy bread or crackers to go with the soup (M) and the stew (Tu).
- If you buy an entire package of carrots and celery, cut up the extras to snack on throughout the week.
- If fresh tarragon isn't available, substitute dried tarragon (use half as much). You could also substitute another herb such as basil, parsley, thyme, or oregano.